Assistant Coach: Olivia Mattingly

A. 25-26 at South Suburban Conference Tournament
A. 21 at Homewood-Flossmoor Invitational 9 a.m.
A. 17 Oak Forest* 4:30 p.m.
M. 29 at T.F. South* 4:30 p.m.
M. 15 at Lockport 4:30 p.m.

**Date**  | **Opponent** | **Time**  
--- | --- | ---  
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**Boys' Track and Field**

**Boys' Tennis**

**Girls' Soccer**

**Baseball**

**VARSITY HEAD COACHES - SPRING SEASON**

**Rick Panek**

Assistant Coaches:

J. 8-9 IHSA State Playoffs – State Finals
M. 21-26 IHSA State Playoffs – Regional
M. 18-19 at Stevie's Way Tournament
M. 16 at Stevie's Way Tournament
M. 12 at Lincoln-Way Central 10 a.m.
M. 8 Tinley Park* 4:30 p.m.
M. 5 Plainfield North 10 a.m.
M. 5 at Dorval 1 p.m.
M. 5 Homewood-Flossmoor 5 p.m.
M. 11 Batavia 7:30 p.m.
M. 15 St. Laurence 7:30 p.m.
M. 12 at Homewood-Flossmoor Grove South 5:30 p.m.
M. 12-13 IHSA State Playoffs - Regional
M. 10-11 IHSA State Playoffs - Super-Sectional
M. 1-2 IHSA State Playoffs - Sectionals

**Girls' Soccer**

**Baseball**

**Tennis**

**Girls' Soccer**

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**Girls' Soccer**

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**Girls' Soccer**

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**Girls' Soccer**

**Baseball**

**Tennis**

**Girls' Soccer**

**VARSITY HEAD COACHES - SPRING SEASON**

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M. 1-2 IHSA State Playoffs - Sectionals

**Girls' Soccer**

**Baseball**

**Tennis**

**Girls' Soccer**
### Sophomore Girls' Soccer

<table>
<thead>
<tr>
<th>Date</th>
<th>Opponent</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>M. 18</td>
<td>Hinckley-Burrington</td>
<td>5 p.m.</td>
</tr>
<tr>
<td>M. 19-22</td>
<td>at Lake Park Invitational</td>
<td></td>
</tr>
<tr>
<td>A. 3</td>
<td>Eisenhower*</td>
<td>5 p.m.</td>
</tr>
<tr>
<td>A. 5</td>
<td>Oak Forest*</td>
<td>5 p.m.</td>
</tr>
<tr>
<td>A. 7</td>
<td>at Sandburg</td>
<td>10 a.m.</td>
</tr>
<tr>
<td>A. 10</td>
<td>at Mokena</td>
<td>4:30 p.m.</td>
</tr>
<tr>
<td>A. 12</td>
<td>Shepard*</td>
<td>5 p.m.</td>
</tr>
<tr>
<td>A. 17</td>
<td>Oak Lawn*</td>
<td>5 p.m.</td>
</tr>
<tr>
<td>A. 19</td>
<td>at Bremen</td>
<td>4:30 p.m.</td>
</tr>
<tr>
<td>A. 21</td>
<td>at Lincoln-Way West</td>
<td>10 a.m.</td>
</tr>
<tr>
<td>A. 24</td>
<td>Evergreen Park*</td>
<td>5 p.m.</td>
</tr>
<tr>
<td>A. 26</td>
<td>Argos</td>
<td>5 p.m.</td>
</tr>
<tr>
<td>A. 30</td>
<td>at T.C. O'Pra</td>
<td>4:30 p.m.</td>
</tr>
<tr>
<td>M. 5</td>
<td>at Downers Grove North</td>
<td>10 a.m.</td>
</tr>
<tr>
<td>M. 8</td>
<td>at Tinley Park*</td>
<td>5 p.m.</td>
</tr>
<tr>
<td>M. 10</td>
<td>10 a.m.</td>
<td></td>
</tr>
</tbody>
</table>

* - South Suburban Conference (SSC) match
Home matches held at LHS Sports Complex (131st & Bell)
Sophomore Coach: Mike Berenski

### JV/Sophomore/Freshman Softball

<table>
<thead>
<tr>
<th>Date</th>
<th>Opponent</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>M. 15</td>
<td>at Lockport (F)</td>
<td>4:30 p.m.</td>
</tr>
<tr>
<td>M. 17</td>
<td>at Sandburg Invitational (F)</td>
<td>9 a.m.</td>
</tr>
<tr>
<td>M. 29</td>
<td>at T.C. Soud (S)</td>
<td>4:30 p.m.</td>
</tr>
<tr>
<td>A. 3</td>
<td>Shepard (S)</td>
<td>4:30 p.m.</td>
</tr>
<tr>
<td>A. 7</td>
<td>at West Aurora (F)</td>
<td>4:15 p.m.</td>
</tr>
<tr>
<td>A. 10</td>
<td>at Oak Lawn (F)</td>
<td>4:30 p.m.</td>
</tr>
<tr>
<td>A. 23</td>
<td>at Bolingbrook Quadrangular (F)</td>
<td>4:30 p.m.</td>
</tr>
<tr>
<td>A. 23</td>
<td>at Hinsdale South Quadrangular (F)</td>
<td>8 p.m.</td>
</tr>
<tr>
<td>A. 25-26</td>
<td>at South Suburban Conference Tournament (F) (hosted by T.C. Soud)</td>
<td>10 a.m.</td>
</tr>
</tbody>
</table>

* - South Suburban Conference (SSC) match
Home matches held at Lemont High School
Junior Varsity/Sophomore Coach: Eva Winiarski

### Sophomore Boys' Tennis

<table>
<thead>
<tr>
<th>Date</th>
<th>Opponent</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>M. 14</td>
<td>Eisenhower/Ravina/Solarino (B)</td>
<td>4:30 p.m.</td>
</tr>
<tr>
<td>M. 17</td>
<td>at Plainfield South Invitational (G)</td>
<td>5 p.m.</td>
</tr>
<tr>
<td>M. 19</td>
<td>at Lockport Triangular (G)</td>
<td>4:30 p.m.</td>
</tr>
<tr>
<td>M. 21</td>
<td>at Oak Forest* (Eisenhower/Ravina)</td>
<td>4:30 p.m.</td>
</tr>
<tr>
<td>M. 23</td>
<td>Brenner/Shepard (B)</td>
<td>5 p.m.</td>
</tr>
<tr>
<td>M. 25</td>
<td>at Brenner* (w/ Shepard*) (G)</td>
<td>4:30 p.m.</td>
</tr>
<tr>
<td>M. 27</td>
<td>at Argos* (w/ Hilfiker*)</td>
<td>5 p.m.</td>
</tr>
<tr>
<td>A. 7</td>
<td>at Argos* (w/ Hilfiker*)</td>
<td>5 p.m.</td>
</tr>
<tr>
<td>A. 17</td>
<td>at Oak Lawn* (w/ Richards*/Tinley Park*) (G)</td>
<td>9 a.m.</td>
</tr>
<tr>
<td>A. 19</td>
<td>at Hinsdale South Quadrangular (B) (O)</td>
<td>4:30 p.m.</td>
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<tr>
<td>A. 21</td>
<td>at Evergreen Park* (w/ T.C. South)</td>
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</tr>
<tr>
<td>A. 23</td>
<td>at T.C. South</td>
<td>4:30 p.m.</td>
</tr>
<tr>
<td>A. 24</td>
<td>at Lockport</td>
<td>4:30 p.m.</td>
</tr>
<tr>
<td>A. 26</td>
<td>at T.C. South* (B)</td>
<td>4:30 p.m.</td>
</tr>
</tbody>
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* - South Suburban Conference (SSC) match
Home matches held at Lemont High School
Sophomore Coach: Scott Collins

### Sophomore Boys' Track and Field

<table>
<thead>
<tr>
<th>Date</th>
<th>Opponent</th>
<th>Time</th>
</tr>
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<tbody>
<tr>
<td>M. 20</td>
<td>Lockport</td>
<td>5:30 p.m.</td>
</tr>
<tr>
<td>M. 27</td>
<td>Chicago Christian</td>
<td>5:30 p.m.</td>
</tr>
<tr>
<td>A. 2</td>
<td>at IMSA</td>
<td>5 p.m.</td>
</tr>
<tr>
<td>A. 5</td>
<td>at Lockport West</td>
<td>4:30 p.m.</td>
</tr>
<tr>
<td>A. 12</td>
<td>Richards*</td>
<td>5 p.m.</td>
</tr>
<tr>
<td>A. 14</td>
<td>at Plainfield North Invitational</td>
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</tr>
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<td>A. 17</td>
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<td>A. 24</td>
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</tr>
<tr>
<td>A. 26</td>
<td>Oak Forest*</td>
<td>5 p.m.</td>
</tr>
<tr>
<td>A. 27</td>
<td>at Tinley Park*</td>
<td>6 p.m.</td>
</tr>
<tr>
<td>A. 28</td>
<td>at Willowbrook</td>
<td>5 p.m.</td>
</tr>
<tr>
<td>M. 3</td>
<td>at Shepard*</td>
<td>5 p.m.</td>
</tr>
<tr>
<td>M. 10</td>
<td>at Eisenhower</td>
<td>5 p.m.</td>
</tr>
<tr>
<td>M. 15</td>
<td>at Riverside-Brookfield*</td>
<td>5:30 p.m.</td>
</tr>
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<td>M. 17</td>
<td>at T.C. North*</td>
<td>5 p.m.</td>
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Home matches held at Lemont High School
Sophomore Boys' Track and Field Coach: Kyley Polus

### Sophomore Boys' Volleyball

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